

Understanding knee pain



WHAT YOU SHOULD KNOW

Inside:

- What is osteoarthritis?
- What are the treatments?
- How can viscosupplements help?

SYNVISC[®]
HYLAN G-F 20

Please see Patient Information on pages 20 and 21.

Please see Important Safety Information on back cover.

Start
with the facts



Osteoarthritis (OA) is the most common type of arthritis and one of the most common causes of knee pain. In the U.S. alone, more than 27 million people suffer from OA — and more than 10 million of those are estimated to have OA in one or both knees.

OA of the knee can be a painful and frustrating condition, interfering with everyday life and keeping you from the activities you enjoy. Fortunately, there are ways to treat and manage OA knee pain.

The first step to feeling better is to discuss your knee pain with your doctor and to work together to find the treatment that's right for you.

To learn more about OA, read through this brochure. It will help you better understand OA of the knee, what you can do about it and how SYNVIS[®] (hylan G-F 20) may be able to help.

If your doctor has recommended you try SYNVIS, the last section in this brochure is designed especially for you. You'll find everything you need here to keep track of your progress.

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What is osteoarthritis?

In a knee with OA, the fluid that cushions and lubricates the joint (called synovial fluid) can break down and lose its ability to cushion your knee. The cartilage protecting the ends of bones also deteriorates, causing bone to rub against bone. The result is pain, stiffness and a more limited range of movement.

Doctors generally use two different sets of terminology to talk about the severity of OA. Your doctor may describe your OA as Grade 1 to 4, or may characterize it as mild, moderate or severe.

Mild. The surface of the cartilage in your knee joint begins to wear down. Symptoms are generally mild, and may include occasional pain and brief morning stiffness.

Moderate. Joint cartilage continues to wear away and joint fluid may lose its ability to lubricate and cushion the knee. Bony growths, or spurs, may also form on the edges of the bones. Moving may become more painful.

Severe. Cartilage may totally wear away, causing bones to rub against each other. Pain may be more constant or more severe; your ability to perform day-to-day activities can diminish.

Keep in mind that your stage of OA and pain level aren't always connected. For example, you could have only mild OA yet have considerable pain, so it's important to make sure your doctor understands how much pain you feel.

Symptoms of osteoarthritis

OA of the knee usually develops slowly, and gradually worsens over time. Symptoms, which may develop in one or both knees, may include:

- Pain during movement and even at rest
- A grating sensation in the joint during movement
- Stiffness after periods of rest
- Joint swelling
- Loss of range of movement

Your treatment options

There isn't a cure for OA of the knee, but there are several treatments that can help reduce your pain. Your doctor may recommend one or more, depending on the severity of your condition.

Whether your OA is mild or severe, your doctor will likely recommend certain lifestyle changes. These may include exercise, weight control and modifying your activity to reduce stress on your joints. These changes, both on their own and in combination with other treatments, are an important part of managing your OA knee pain.

Your doctor may also recommend:

- **Over-the-counter (OTC) pain medications** such as acetaminophen, like Tylenol®; non-steroidal anti-inflammatory drugs (NSAIDs), like Aleve® and Motrin®; or topical pain-relieving creams
- **Prescription medications** such as NSAIDs and COX-2 inhibitors, like Celebrex®
- **Steroid injections** into the knee for temporary pain relief and reduced inflammation and swelling
- **Viscosupplements**, such as SYNVISCO®, are knee injections that supplement your knee fluid to relieve pain and often improve function
- **Surgery**, often considered when knee pain is severe and other treatments have not provided relief

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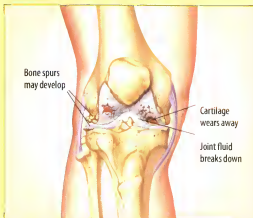
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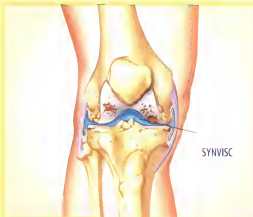
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What is **SYNVISC®?**

Knee with OA before SYNVIS



Knee with OA after SYNVIS



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SYNVISC is a type of treatment called a viscosupplement. It lubricates and cushions your knee joint to relieve pain and can allow you to move more freely for up to 6 months.*

How does SYNVISIC work?

In knees with osteoarthritis, the joint fluid (called synovial fluid) can break down and not provide the cushioning your knee needs. SYNVISIC supplements your knee fluid to relieve the pain and improve the knee joint's natural shock absorbing abilities, helping you to move more freely and get back to the activities you've been avoiding. SYNVISIC is made from a natural substance similar to that found in normal, healthy joint fluid.

How is SYNVISIC given?

SYNVISC is injected directly into the knee over the course of three doctor visits, one week apart. It's a simple, in-office procedure that takes just a few minutes. After the injection, you can resume normal day-to-day activities but your doctor may recommend you avoid any strenuous exercise for about 24-48 hours.

Is SYNVISIC safe?

Since SYNVISIC is injected directly into the knee, it has fewer serious side effects than pills, which are absorbed into the bloodstream. Side effects from SYNVISIC are infrequent. In studies, about 7% of patients experienced pain, swelling and/or fluid buildup around the knee.^{1,2} Other side effects, such as rash, have been reported rarely.


* Well-controlled clinical trials demonstrate that reducing pain can help improve function as measured by WOMAC pain and function domains.

1. Wang M, Di Matteo A, Maini P, Vetter G. Viscosupplementation with hyaluronate (Hyalgan®) F 20: A 26-week Controlled Trial of Efficacy and Safety in the Osteoarthritic Knee. *Clinical Therapy* 1998;20:470-423.

2. Data on file: Genzyme Corporation.

3. Johnson D, Rush J, Langer W, Parent D, Murray L. Synvisc 901 Study Group. A randomized, single-blind comparison of the efficacy and tolerability of hyaluronate (Hyalgan®) F 20 and tramadol/hydrocodone in patients with osteoarthritis of the knee. *J Rheumatol* 2004;31(2):333-343.

4. Brander V, Bart G, Stadler T. Functional improvement with hyaluronate (Hyalgan®) F 20 in patients with knee osteoarthritis. Poster presented at American Academy of Physical Medicine and Rehabilitation Annual Assembly, November 9-12, 2006, Honolulu, HI.



SYNVISC®

Q+A

Q: When should I consider SYNVISC?

A: If you've tried diet, exercise and over-the-counter pain medication and still have knee pain, it may be the right time to ask your doctor about SYNVISC. Only your doctor can tell you if SYNVISC is right for you.

Q: Will SYNVISC help at any stage of OA?

A: SYNVISC provides pain relief for patients across all stages of OA, from mild to severe. In a clinical study of patients with OA of the knee ranging from Grade 1 (mild) to Grade 4 (severe), patients in every category were judged to be better or much better after treatment with SYNVISC.¹

Q: When will I start to feel pain relief?

A: Some patients begin to feel better after the first injection, but all three injections are needed for maximum benefit. In a study, 70% of SYNVISC patients reported little to no knee pain at 12 weeks.¹

Q: How is SYNVISC different from steroid injections?

A: Steroid injections reduce inflammation, but unlike SYNVISC they do not lubricate the knee joint. While SYNVISC can be safely repeated, doctors typically limit the number of steroid injections in the same joint because of the potential risk of cartilage damage with repeated use.

Q: How is SYNVISC different from other viscosupplements?

A: With over 5 million treatments administered in the U.S., SYNVISC is the leading viscosupplement in the country. It's been used by more patients and has more clinical studies than any other viscosupplement to show safety and effectiveness. It's also the only viscosupplement proven to provide up to 6 months of pain relief with just 3 injections. Other treatments require 5 injections for the same amount of relief.

Q: Is SYNVISC covered by insurance?

A: SYNVISC treatment is eligible for reimbursement by Medicare and most insurance plans. Check with your insurance plan to find out what your exact benefits are.

Many insurers require that you obtain SYNVISC through your doctor. If your physician writes you a prescription for SYNVISC, some insurance plans, including Medicare, may not cover the cost. Therefore, it is recommended that you check with your insurer prior to receiving a prescription.

If you are denied insurance coverage or have additional questions about coverage for your SYNVISC treatment, please contact the **SYNVISC ConnectionSM** at 1-800-982-8292 between 9 a.m. and 8 p.m. (Eastern Time), Monday through Friday.

References

1. Wobig, Beks, Dickhut, Maier, Vetter. Open-label multicenter trial of the safety and efficacy of viscosupplementation with Hylan GF-20 (Synvisc) in primary osteoarthritis of the knee. *Journal of Clinical Rheumatology* 1999; 20: S24-S31.

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Talking with your doctor about your OA knee pain

What's your best OA knee pain treatment option? Only your doctor can tell you. But you can help by making sure your doctor knows exactly how you're feeling and how your knee pain is affecting your life.

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How much pain do you currently experience with the following activities?

	<i>No pain</i>				<i>Lots of pain</i>
Walking	①	②	③	④	⑤
Going up or down stairs	①	②	③	④	⑤
At night while in bed	①	②	③	④	⑤
Sitting	①	②	③	④	⑤
Standing	①	②	③	④	⑤

Other information you may want to share with your doctor:

Activities you've started to avoid because of your OA knee pain:

Any side effects from your OA knee pain treatment(s):

Other:

Treatment with SYNVISC®

We created this special section to help you understand what to expect during and after SYNVISC treatments. As always, consult with your doctor when you need to know more.

Be prepared

Knowing what to expect from SYNVISC treatments will help you be more comfortable and confident during and after the procedure.

Before your visit

Because SYNVISC is not a pill, it should not interfere with any other medicines you are taking. Still, be sure to tell your doctor if you are taking any medications, including over-the-counter drugs.

During the procedure

To prepare your knee for your injection, your doctor may:

1. Clean your knee with alcohol and iodine.
2. Apply a local anesthetic to your knee.
3. Withdraw excess fluid from your joint.

The doctor will then inject your knee with SYNVISC. The whole procedure should only take a few minutes, and you'll be able to go home immediately after the treatment.

When you get home

- If you have any mild pain or swelling at the injection site, you may want to keep an ice pack on your knee for 15-20 minutes, or as recommended by your doctor.
- Avoid putting a lot of strain on your knee—such as jogging, lifting or prolonged standing—for 48 hours after injections, or as recommended by your doctor.

Possible side effects

Side effects are usually mild and temporary. They may include:

- Pain at the site of the injection
- Swelling or redness
- Fluid buildup

Less common side effects include:

- Rash
- Itching
- Hives

If you experience any side effects, be sure to discuss them with your doctor.

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What to expect with SYNVISC®

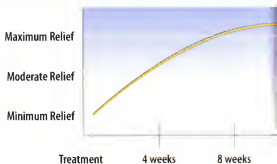
Once you've received SYNVISC, you may be wondering when to expect knee pain relief. A typical SYNVISC treatment goes through four basic phases:

Phase 1 (1-3 weeks)

This is the phase during which patients receive all three SYNVISC injections, given seven days apart over a 15-day period. While some patients may begin to feel better after the first injection, all three are needed to receive the maximum benefit.

Phase 2 (4-7 weeks)

Many SYNVISC patients report feeling some improvement during this phase in their treatment. Some experience less pain and stiffness when walking or climbing stairs. Others begin to enjoy greater flexibility and more freedom of movement. Everyday activities may become easier.



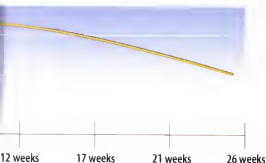
If your knee pain returns, ask your doctor if another course of SYNVISIC is right for you. Keeping track of how your knee feels is easy with the SYNVISIC Treatment Tracker on the next page. It'll help your doctor determine whether it's time for another SYNVISIC treatment.

Phase 3 (8-12 weeks)

Most patients experience the greatest relief during this phase, and many have little to no pain or stiffness. Many report returning to activities they enjoyed before OA knee pain got in the way. Of course, all SYNVISIC patients should consult a doctor before attempting strenuous activities.

Phase 4 (13-26 weeks)

While many SYNVISIC patients still experience improved flexibility and freedom of movement during this phase, some may begin to notice slightly more pain or stiffness than in Phase 3. At six months, you may want to talk to your doctor about whether another course of SYNVISIC could be right for you.



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Appointment reminder

Fill in the chart below to keep track of your SYNVIS[®] appointments.

Appointment 1

Date: _____ Time: _____

Appointment 2

Date: _____ Time: _____

Appointment 3

Date: _____ Time: _____

6-month follow-up appointment

Date: _____ Time: _____

Doctor's contact information

Name: _____

Phone: _____

Tear off the SYNVIS Treatment Tracker to the right to record your knee pain and stiffness. Make sure to read the details on how to keep track of your progress — and why it's important to do so.

*Please see Patient Information on pages 20 and 21.
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Track your progress with **SYNVISC®**

The SYNVISIC Treatment Tracker helps you keep track of your knee pain relief and the activities you may start getting back to again. It also lets you and your doctor monitor when your knee pain may start to return so you can talk about whether another course of SYNVISIC could be right for you.

How it works:

- Each week, fill in the circle that best describes your pain level for each activity, with "1" being the least painful and "5" being the most painful.
- We've included three activities that can be difficult for people with OA of the knee, but it's most helpful to keep track of the activities that are important to you. We encourage you to fill in two activities that you'd like to get back to (exercising, shopping, golfing, etc.).
- Be sure to share this with your doctor and discuss the results at your 6-month follow-up appointment. If your knee pain returns, ask your doctor if another course of SYNVISIC is right for you.

The Treatment Tracker is a helpful way to see how much pain relief you're experiencing. Remember, most people feel maximum relief 8-12 weeks after starting treatment, so don't get discouraged if relief doesn't happen right away. But if you keep track every week, you may start seeing progress before you know it.



Keep the Treatment Tracker on your refrigerator or next to your computer so you won't forget to fill in your progress each week.

SYNVISC® Treatment Tracker

	Week	Walking				
Phase 1 Minimum relief	1	(1)	(2)	(3)	(4)	(5)
	2	(1)	(2)	(3)	(4)	(5)
	3	(1)	(2)	(3)	(4)	(5)
Phase 2 Minimum to Moderate Relief	4	(1)	(2)	(3)	(4)	(5)
	5	(1)	(2)	(3)	(4)	(5)
	6	(1)	(2)	(3)	(4)	(5)
	7	(1)	(2)	(3)	(4)	(5)
Phase 3 Maximum Relief	8	(1)	(2)	(3)	(4)	(5)
	9	(1)	(2)	(3)	(4)	(5)
	10	(1)	(2)	(3)	(4)	(5)
	11	(1)	(2)	(3)	(4)	(5)
	12	(1)	(2)	(3)	(4)	(5)
Phase 4 Maximum to Moderate Relief	13	(1)	(2)	(3)	(4)	(5)
	14	(1)	(2)	(3)	(4)	(5)
	15	(1)	(2)	(3)	(4)	(5)
	16	(1)	(2)	(3)	(4)	(5)
	17	(1)	(2)	(3)	(4)	(5)
	18	(1)	(2)	(3)	(4)	(5)
	19	(1)	(2)	(3)	(4)	(5)
	20	(1)	(2)	(3)	(4)	(5)
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	22	(1)	(2)	(3)	(4)	(5)
	23	(1)	(2)	(3)	(4)	(5)
	24	(1)	(2)	(3)	(4)	(5)
	25	(1)	(2)	(3)	(4)	(5)
	26	(1)	(2)	(3)	(4)	(5)

1 is least painful; 5 is most painful

Going up or down stairs

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PATIENT INFORMATION

Be sure to read the following important information carefully. This information does not take the place of your doctor's advice. If you do not understand this information or want to know more, ask your doctor.

WHAT IS SYNVISC?

Synvisc is a gel-like mixture that is made up of hylan A fluid, hylan B gel, and salt water. Hylan A and hylan B are made from a substance called hyaluronan (pronounced hye-a-loo-ROE-nan), also known as sodium hyaluronate that comes from chicken combs. This is a natural substance found in the body and is present in very high amounts in joints. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly. Osteoarthritis (pronounced os-TE-o-ar-THRI-tis) (OA) is a type of arthritis that involves the wearing down of cartilage (the protective covering on the ends of your bones). In OA, there may not be enough hyaluronan, and there may be a decrease in the quality of the hyaluronan in the joint. Synvisc comes in syringes containing 2 mL (half a teaspoon) of product. Synvisc is injected directly into your knee.

WHAT IS SYNVISC USED FOR?

Synvisc is used to relieve knee pain due to OA. It is used for patients who do not get enough relief from simple painkillers, such as acetaminophen, or from exercise and physical therapy.

WHAT ARE THE BENEFITS OF SYNVISC?

Two medical studies involving a total of 132 patients were done in Germany. The patients in these studies were at least 40 years old and had knee pain due to OA. The patients were placed in one of two groups. One group was given an injection of Synvisc into one or both knees once a week for three weeks. The second group was given an injection of salt water once a week for three weeks. As part of the study, knee joint pain was measured for 26 weeks. Also, patients and doctors were asked to judge the success of the treatment for 26 weeks. Patients with OA knee pain, who did not get pain relief with other medicines, got pain relief with Synvisc. The patients given Synvisc had more pain relief than the patients given salt water. Some patients started to feel pain relief after the first week of Synvisc treatment. The most pain relief and the greatest amount of treatment success was seen 8 to 12 weeks after Synvisc treatment started.

A medical study done in the United States involved 90 patients. The patients were at least 40 years old and had knee pain due to OA. Patients were placed into one of two groups. One group was given Synvisc once a week for three weeks. The second group had a needle inserted into the knee to have any fluid removed (this procedure is called arthrocentesis [pronounced AR-thro-sen-TE-sis]) once a week for three weeks. Patients improved after Synvisc treatment, but not more than patients who had arthrocentesis. This study was different from the German studies because the last time the two groups were compared was only two weeks after the last Synvisc injection. The study was also different in other ways, including length of time that patients had to stop taking medicines before they could start treatment. The length of time patients had to stop taking medicines was two weeks in the German studies and four weeks in the U.S. study.

WHAT OTHER TREATMENTS ARE AVAILABLE FOR OA?

If you have OA, there are other things you can do besides getting Synvisc.

These include:

NON-DRUG TREATMENTS

- avoiding activities that cause knee pain
- exercise
- physical therapy
- removal of excess fluid from your knee

DRUG THERAPY

- pain relievers such as acetaminophen and narcotics
- drugs that reduce inflammation (signs of inflammation are swelling, pain or redness), such as aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen
- steroids that are injected directly into your knee

ARE THERE ANY REASONS WHY YOU SHOULD NOT RECEIVE SYNVISC?

- You should not get this product if you have had any allergic reaction before to Synvisc or hyaluronan products. Signs of an allergic reaction may include swelling of your face, tongue, or throat; difficulty breathing or swallowing; shortness of breath; wheezing; chest pain; a tightness in your throat; sleepiness; rash; itching; hives; flushing; and/or fever. You should call your doctor immediately if you develop any of these signs of an allergic reaction.
- You should not be given Synvisc if you have a knee joint infection or skin diseases or infections around the area where the injection will be given. Talk to your doctor if you have any questions about this information.

THINGS YOU SHOULD KNOW ABOUT SYNVISC:

- Synvisc is only for injection into the knee, performed by a doctor or other qualified health care professional.
- Tell your doctor if you are allergic to products from birds such as feathers, eggs, and poultry.
- After you receive the injection, you may need to avoid activities such as jogging, tennis, heavy lifting, or standing for a long time.
- Synvisc has not been tested in pregnant women, or women who are nursing. You should tell your doctor if you think you are pregnant, or if you are nursing a child.
- The safety and effectiveness of Synvisc have not been tested in children.

POSSIBLE SIDE EFFECTS:

- The side effects (also called reactions) sometimes seen when Synvisc is injected into the knee as a first or repeat set of injections were pain, swelling, heat, redness, and/or fluid build-up around the knee. These reactions were generally mild and did not last long, but sometimes fluid accumulation was considerable and painful; cases where the swelling is extensive and painful should be discussed with your doctor. The reactions seemed to occur more often when Synvisc was injected into the knee as a repeat set of injections than when Synvisc was injected as a first set of injections.
- These reactions were generally treated by giving pain relievers by mouth such as acetaminophen or by giving NSAIDs by mouth or injections of steroids, or by removing fluid from the knee joint. Patients have rarely undergone arthroscopy (a surgical inspection of the knee joint) and other medical procedures.
- Rare cases of knee joint infection have been reported after Synvisc injections.
- Rashes, hives and itching have been seen in patients after Synvisc treatment. Before you are given Synvisc, tell your doctor if something like this has ever happened to you after receiving an injection of Synvisc or other hyaluronan products.
- Other less common side effects have been: muscle pain/cramps, flushing and/or swelling of your face, fast heartbeat, nausea (or feeling sick to your stomach), dizziness, fever, chills, headache, difficulty breathing, swelling in your arms and/or legs, prickly feeling of your skin, and in rare cases a low number of platelets in the blood (platelets are a type of blood cell that are needed to help clot your blood when you are cut or injured).
- If any of the above symptoms or signs appear after you are given Synvisc, or if you have any other problems, you should call your doctor.

HOW IS SYNVISC GIVEN?

Your doctor will give you your injection of Synvisc (2mL) into your knee once a week, for a total of three injections.

MANUFACTURED AND DISTRIBUTED BY:

Genzyme Biosurgery
a division of Genzyme Corporation
1125 Pleasant View Terrace
Ridgefield, New Jersey 07657

HOW DO I GET MORE INFORMATION ABOUT SYNVISC?

If you have any questions or would like to find out more about Synvisc, you may call Genzyme Biosurgery at 1-888-3-SYNVISC (1-888-379-6847).

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Synvisc® is covered by U.S. patents.70230604 Revised December 15, 2006

SYNVISC® (hylan G-F 20) is used to relieve knee pain due to osteoarthritis (OA). It is for patients who do not get enough relief from simple painkillers such as acetaminophen, or from exercise and physical therapy.

Important Safety Information

Before trying SYNVISIC, tell your doctor if you have had an allergic reaction to SYNVISIC or any hyaluronan-based products; or if you have an infected knee joint, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs. SYNVISIC is only for injection into the knee, performed by a doctor or other qualified health care professional. SYNVISIC has not been tested to show pain relief in joints other than the knee. Tell your doctor if you are allergic to products from birds – such as feathers, eggs or poultry – or if your leg is swollen or infected. Talk to your doctor before resuming strenuous weight-bearing activities after treatment. SYNVISIC has not been tested in children, pregnant women or women who are nursing. You should tell your doctor if you think you are pregnant or if you are nursing a child.

The side effects (also called reactions) sometimes seen after any injection into the knee, including SYNVISIC, include pain, swelling, heat, redness, and/or fluid build-up in or around the knee. These reactions were generally mild and did not last long, but in rare occasions these side effects were more severe. The most commonly occurring adverse events outside of the injected knee were rash, fever, nausea, and headache.

Please see Patient Information on pages 20 and 21.

SYNVISC®
HYLAN G-F 20

SYNVISC® Treatment Tracker		1 is least painful; 5 is most painful			SYNVISC HYLAN G-F 20	
	Week	Walking	Going up or down stairs	Sitting	(Fill in own activities here.)	
Phase 1 Minimum relief	1	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	2	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	3	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Phase 2 Minimum to Moderate Relief	4	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	6	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	7	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Phase 3 Maximum Relief	8	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	9	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	10	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	11	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	12	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Phase 4 Maximum to Moderate Relief	13	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	14	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	15	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	16	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	17	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	18	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	19	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	20	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	21	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	22	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	23	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	24	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	25	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
	26	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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The Treatment Tracker is a helpful way to see how much pain relief you're experiencing. Remember, most people feel maximum relief 8-12 weeks after starting treatment, so don't get discouraged if relief doesn't happen right away. But if you keep track every week, you may start seeing progress before you know it.

Tip:

Keep the Treatment Tracker on your refrigerator or next to your computer so you won't forget to fill in your progress each week.

Track your progress with **SYNVISC®**

The SYNVISIC Treatment Tracker helps you keep track of your knee pain relief and the activities you may start getting back to again. It also lets you and your doctor monitor when your knee pain may start to return so you can talk about whether another course of SYNVISIC could be right for you.

How it works:

- 1 Each week, fill in the circle that best describes your pain level for each activity, with "1" being the least painful and "5" being the most painful.
- 2 We've included three activities that can be difficult for people with OA of the knee, but it's most helpful to keep track of the activities that are important to you. We encourage you to fill in two activities that you'd like to get back to (exercising, shopping, golfing, etc.).
- 3 Be sure to share this with your doctor and discuss the results at your 6-month follow-up appointment. If your knee pain returns, ask your doctor if another course of SYNVISIC is right for you.

PATIENT INFORMATION

Be sure to read the following important information carefully. This information does not take the place of your doctor's advice. If you do not understand this information, want to know more, ask your doctor.

WHAT IS SYNVISIC?

Synvisic is a gel-like mixture that is made up of hyaluronan. Hyaluronan is a natural substance found in the body and is present in very high amounts in joints. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint. OA is a type of arthritis that involves the wearing down of cartilage (the protective covering on the ends of your bones). In OA, there may not be enough hyaluronan, there may be a decrease in the quality of the hyaluronan in the joint. Synvisic comes in syringes containing 2 mL (half a teaspoon) of product. Synvisic is injected directly into your knee.

WHAT IS SYNVISIC USED FOR?

Synvisic is used to relieve knee pain due to OA. It is used for patients who do not get enough relief from simple painkillers, such as acetaminophen, or from exercise and physical therapy.

WHAT ARE THE BENEFITS OF SYNVISIC?

Two medical studies involving a total of 132 patients were done in Germany. The patients in these studies were at least 40 years old and had knee pain due to OA. The patients were placed in one of two groups. One group was given an injection of Synvisic into one or both knees once a week for three weeks. The second group was given an injection of salt water once a week for three weeks. As part of the study, knee joint pain was measured for 26 weeks. Also, patients and doctors were asked to judge the success of the treatment for 26 weeks. Patients with OA knee pain, who did not get pain relief with other medicines, got pain relief with Synvisic. The patients given Synvisic had pain relief than the patients given salt water. Some patients started to feel pain relief after the first week of Synvisic treatment. The most pain relief and the greatest amount of treatment success was seen 8 to 12 weeks after Synvisic treatment started.

A medical study done in the United States involved 90 patients. The patients were at least 40 years old and had knee pain due to OA. Patients were placed into one of two groups. One group was given Synvisic once a week for three weeks. The second group had a needle inserted into the knee to have any fluid removed (this procedure is called arthrocentesis [pronounced AR-thro-sen-TE-sis]) once a week for three weeks. Patients improved after Synvisic treatment, but not more than patients who had arthrocentesis. This study was different from the German studies because the last time the two groups were compared was only two weeks after the last Synvisic injection. The study was also different in other ways, including length of time that patients had to stop taking medicines before they could start treatment. The length of time patients had to stop taking medicines was two weeks in the German studies and four weeks in the U.S.

WHAT OTHER TREATMENTS ARE AVAILABLE FOR OA?

If you have OA, there are other things you can do besides getting Synvisic.

These include:

NON-DRUG TREATMENTS

- avoiding activities that cause knee pain
- exercise
- physical therapy

- removal of excess fluid from your knee

DRUG THERAPY

- pain relievers such as acetaminophen and narcotics
- drugs that reduce inflammation (signs of inflammation are swelling, pain or redness) such as aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen
- steroids that are injected directly into your knee